



State of Iowa

Enrollment & Change

Health Insurance

COBRA Group

October 23, 2009—November 23, 2009

2010

What's New for 2010

Special points of interest:

- ♣ Compare plans to pick the right plan for you and your family's needs.
- ♣ See the new rates for 2010
- This year's enrollment and change period for **COBRA** members is from **October 23, 2009 through November 23, 2009**. Changes made will be effective **January 1, 2010**.
- During the enrollment and change period, you may switch to any health plan. This includes **Program 3 Plus, Deductible 3 Plus, Iowa Select, Blue Access, and Blue Advantage**. **Blue Access and Blue Advantage are Managed Care Organizations (MCO's, formerly called HMO's)** and only offer coverage in Iowa, they do cover emergency services outside of Iowa.
- More counties were added to the **Blue Access and Blue Advantage MCO Network**. The following Iowa counties will now be included: **Cherokee, Dickinson, and Emmet**.
- The only counties in Iowa not served by the **MCO** plans are: **Allamakee, Clay, Des Moines, Dubuque, Fayette, and Winneshiek**.

For more information visit our website at:

www.benefits.iowa.gov

Or contact

Rose Baughman

515-281-8989

Rose.baughman@iowa.gov

Action Required By You

If you want to change your current health insurance plan to a different one, **you must obtain the appropriate application from your former department's Personnel Assistant or from Wellmark.**

Applications to change your health plan must be signed and returned to the Department of Administrative Services-Human Resources Enterprise before **November 23, 2009**.

Please write **"COBRA Group"** on the top of your application.

If you do not want to make any changes to your health insurance,
NO action is required by you.



For More Medical Plan Information

Health Plan	Call
Program 3 Plus (Wellmark BCBS)	1-800-622-0043
Deductible 3 Plus (Wellmark BCBS)	1-800-622-0043
Iowa Select PPO (Wellmark BCBS)	1-800-622-0043
Blue Access (Wellmark BCBS)	1-800-553-7801
Blue Advantage (Wellmark BCBS)	1-800-553-7801

COBRA RATES EFFECTIVE JANUARY 1, 2010 ALL PREMIUM AMOUNTS ARE MONTHLY

PLAN	SINGLE	FAMILY
Program 3 Plus	\$726.25	\$1,699.44
Deductible 3 Plus	\$729.92	\$1,708.05
Iowa Select	\$723.64	\$1,693.31
Blue Access	\$451.62	\$1,056.75
Blue Advantage	\$434.74	\$1,017.35

**IF YOU DO NOT NEED TO MAKE ANY CHANGES TO YOUR HEALTH INSURANCE,
NO ACTION IS REQUIRED**